

north shore news

LETTER: Commuters, trade four wheels for two

Pete Willis / North Shore News

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Dear Editor:

I would like to express my appreciation to the City and District of North Vancouver for the cycling infrastructure that has been built and is being planned for the community.

I have been bicycle commuting one or two days a week, during all four seasons, across Lower North Vancouver for more than 10 years.

The improvements to bicycle lanes and paths has been dramatic.

It is safer and much more enjoyable to ride a bike through the busy parts of North Van than it has ever been.

With climate change threatening our way of life, riding a bicycle to reduce the number of car trips an individual makes is something we can do to make a difference.

Cycling instead of driving your car reduces your carbon and pollution footprint, and improves your health.

The work that the municipalities in the Lower Mainland have been doing to improve cycling infrastructure is impressive and I applaud everything that has been done.

If you are not an avid cyclist, but are curious about cycling to get to your place of work or for transportation, I encourage you to explore the possibilities.

Check online for the bike route map for your area.

If you are nervous about riding in traffic, drive or walk the route to find the least busy way to get to where you need to go. Go to a bike store and talk bikes.

You don't need a fancy bike or gear to get started, check out the consignment stores and start with a used bike.

Once you start don't give up.

The first few months may be painful at times, but keep at it.

Pry yourself off the couch and get on your bike. Your strength, confidence, and your fitness levels will all improve.

One day you will be riding along in the elements and you will feel connected to your bike, you will feel powerful as if you and the bike could go anywhere, and you will feel alive.

After that there is no going back - it's all downhill.

Happy riding.

Pete Willis

Bowen Island

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